



MONTGOMERY COUNTY RECREATION DEPARTMENT

Spring 2006

WATER FITNESS CLASSES



Indoor Pools

Martin Luther King Pool (MLK)	301-989-1206
Montgomery Aquatic Center (MAC)	301-468-4211
Olney Swim Center (OSC)	301-570-1210
Germantown Indoor Swim Center (GISC)	240-777-6830

Contractor/Instructor

Waterworks - Sally Dimsdale	301-593-1609
Wellness Network - Linda Costello	301-924-3488
H2O Fitness - Peggy Brower	301-603-1328

Water Exercise, Deep Water Running, Water Aerobics, Arthritis Exercise, Abs & Glutes, and Body Sculpting classes are offered at each indoor pool and some outdoor pools. For course descriptions, dates, days and times see below or pick up a schedule at any of our pools or call the Aquatics Office of the Recreation Department. The schedule also appears online.

- The program fee covers only the class and locker room use. If you wish to use the facility before or after class you must pay the admission.
- No swimming experience is necessary.
- Both men and women of all ages are welcome.
- Physician release form is required if you are pregnant.
- Physician consultation is recommended prior to participation in any exercise program.

Abs & Glutes

Shallow water class with focus on Abs & Glutes. Water gloves are recommended and can be purchased at class.

9 Sessions \$48.00

Instructor: Peggy Brower

146095	Martin Luther King SwC	3/13	M	10:00am-10:50am
146098	Germantown Indr SwC	3/13	M	10:00am-10:50am
146096	Martin Luther King SwC	3/15	W	10:00am-10:50am
146099	Germantown Indr SwC	3/15	W	10:00am-10:50am
146100	Germantown Indr SwC	3/17	F	10:00am-10:50am

Deep Water Running & Exercise

Ideal cardiovascular exercise with no weight bearing stress. Beneficial for cross training and/or rehabilitating persons requiring the cushioning of deep water. Deep Water belt is required and may be purchased at the pool for \$20.

9 Sessions \$48.00

Instructor: Peggy Brower

146127	Martin Luther King SwC	3/13	M	1:00pm-1:50pm
146128	Germantown Indr SwC	3/13	M	7:30am-8:20am
146124	Martin Luther King SwC	3/14	Tu	7:30am-8:20am
146121	Martin Luther King SwC	3/15	W	1:00pm-1:50pm
146130	Germantown Indr SwC	3/14	Tu	8:30pm-9:20pm
146131	Germantown Indr SwC	3/16	Th	8:30pm-9:20pm
146129	Germantown Indr SwC	3/15	W	7:30am-8:20am
146125	Martin Luther King SwC	3/16	Th	7:30am-8:20am

Instructor: Sally Dimsdale

146126	Montgomery Aq Ctr	3/13	M	8:30am-9:20am
146132	Montgomery Aq Ctr	3/13	M	1:30pm-2:20pm
146136	Montgomery Aq Ctr	3/14	Tu	10:00am-10:50am
146139	Montgomery Aq Ctr	3/14	Tu	7:30pm-8:20pm
146133	Montgomery Aq Ctr	3/15	W	1:30pm-2:20pm
146134	Montgomery Aq Ctr	3/15	W	8:30am-9:20am
146137	Montgomery Aq Ctr	3/16	Th	10:00am-10:50am
146140	Montgomery Aq Ctr	3/16	Th	7:30pm-8:20pm
146135	Montgomery Aq Ctr	3/17	F	8:30am-9:20am
146138	Montgomery Aq Ctr	3/17	F	1:30pm-2:20pm

Instructor: Network, Inc Wellness

146148	Olney Swim Ctr	3/13	M	7:00pm-7:50pm
146151	Olney Swim Ctr	3/13	M	6:30am-7:20am
146156	Germantown Indr SwC	3/13	M	1:00pm-1:50pm
146159	Germantown Indr SwC	3/13	M	7:30pm-8:20pm
146122	Martin Luther King SwC	3/14	Tu	7:00pm-7:50pm
146141	Olney Swim Ctr	3/14	Tu	8:00pm-8:50pm
146142	Olney Swim Ctr	3/14	Tu	8:30am-9:20am
146146	Olney Swim Ctr	3/14	Tu	10:30am-11:20am

146154	Germantown Indr SwC	3/14	Tu	9:30am-10:20am
146149	Olney Swim Ctr	3/15	W	7:00pm-7:50pm
146150	Olney Swim Ctr	3/15	W	1:30pm-2:20pm
146152	Olney Swim Ctr	3/15	W	6:30am-7:20am
146157	Germantown Indr SwC	3/15	W	1:00pm-1:50pm
146160	Germantown Indr SwC	3/15	W	7:30pm-8:20pm
146123	Martin Luther King SwC	3/16	Th	7:00pm-7:50pm
146143	Olney Swim Ctr	3/16	Th	8:00pm-8:50pm
146144	Olney Swim Ctr	3/16	Th	8:30am-9:20am
146147	Olney Swim Ctr	3/16	Th	10:30am-11:20am
146155	Germantown Indr SwC	3/16	Th	9:30am-10:20am
146145	Olney Swim Ctr	3/17	F	6:00pm-6:50pm
146153	Olney Swim Ctr	3/17	F	1:30pm-2:20pm
146158	Germantown Indr SwC	3/17	F	1:00pm-1:50pm
151792	Olney Swim Center	3/18	Sa	9:00am-9:50am
151793	Germantown Indr SwC	3/18	Sa	9:30am-10:20am

Water Aerobics

Fast-paced aerobics class done in shallow water. High intensity workout uses water to cushion feet, knees and back. Emphasis on cardiovascular conditioning.

9 Sessions \$48.00

Instructor: Peggy Brower

146161	Martin Luther King SwC	3/14	Tu	8:30am-9:20am
146162	Martin Luther King SwC	3/16	Th	8:30am-9:20am

Instructor: Sally Dimsdale

146167	Montgomery Aq Ctr	3/13	M	9:30am-10:20am
146163	Montgomery Aq Ctr	3/14	Tu	8:30am-9:20am
146165	Montgomery Aq Ctr	3/15	W	9:30am-10:20am
146164	Montgomery Aq Ctr	3/16	Th	8:30am-9:20am
146166	Montgomery Aq Ctr	3/17	F	9:30am-10:20am

Instructor: Network, Inc Wellness

146173	Germantown Indr SwC	3/13	M	8:30pm-9:20pm
146168	Olney Swim Ctr	3/14	Tu	7:00pm-7:50pm
146170	Olney Swim Ctr	3/14	Tu	9:30am-10:20am
146174	Germantown Indr SwC	3/15	W	8:30pm-9:20pm
146169	Olney Swim Ctr	3/16	Th	7:00pm-7:50pm
146171	Olney Swim Ctr	3/16	Th	9:30am-10:20am
146172	Olney Swim Ctr	3/13	M	1:30pm-2:20pm
149842	Martin Luther King SwC	3/14	Tu	8:00pm-8:50pm
149843	Martin Luther King SwC	3/16	Th	8:00pm-8:50pm
149844	Germantown Indr SwC	3/14	Tu	10:30am-11:20am
149845	Germantown Indr SwC	3/16	Th	10:30am-11:20am

Water Exercise for Arthritis

Specially modified class for those who have arthritis and who cannot participate in regular exercise classes.

9 Sessions \$48.00

Instructor: Sally Dimsdale

146113	Montgomery Aq Ctr	3/13	M	11:00am-11:50am
146114	Montgomery Aq Ctr	3/15	W	11:00am-11:50am
146115	Montgomery Aq Ctr	3/17	F	11:00am-11:50am

Instructor: Network, Inc Wellness

146110	Martin Luther King SwC	3/16	Th	10:30am-11:20am
146116	Olney Swim Ctr	3/13	M	10:00am-10:50am
146109	Martin Luther King SwC	3/14	Tu	10:30am-11:20am
146111	Germantown Indr SwC	3/14	Tu	11:30am-12:20pm
146117	Olney Swim Ctr	3/15	W	10:00am-10:50am
146112	Germantown Indr SwC	3/16	Th	11:30am-12:20pm
146118	Olney Swim Ctr	3/17	F	10:00am-10:50am

Water Exercise

Multi-level aerobics class using water resistance to increase range of motion, strengthen muscles and improve cardiovascular fitness. It is not necessary to get your face wet.

9 Sessions

\$48.00

Instructor: Peggy Brower

146175	Martin Luther King SwC	3/13	M	9:00am-9:50am
146180	Germantown Indr SwC	3/13	M	9:00am-9:50am
146183	Germantown Indr SwC	3/14	Tu	7:30pm-8:20pm
146184	Germantown Indr SwC	3/16	Th	7:30pm-8:20pm
146177	Martin Luther King SwC	3/15	W	9:00am-9:50am
146181	Germantown Indr SwC	3/15	W	9:00am-9:50am
146179	Martin Luther King SwC	3/17	F	9:00am-9:50am
146182	Germantown Indr SwC	3/17	F	9:00am-9:50am

Instructor: Sally Dimsdale

146185	Montgomery Aq Ctr	3/13	M	8:30pm-9:20pm
146186	Montgomery Aq Ctr	3/14	Tu	11:30am-12:20pm
146189	Montgomery Aq Ctr	3/14	Tu	8:30pm-9:20pm
146187	Montgomery Aq Ctr	3/15	W	8:30pm-9:20pm
146188	Montgomery Aq Ctr	3/16	Th	11:30am-12:20pm

Instructor: Network, Inc Wellness

146192	Olney Swim Ctr	3/13	M	8:00pm-8:50pm
146194	Olney Swim Ctr	3/13	M	9:00am-9:50am
146190	Olney Swim Ctr	3/15	W	9:00am-9:50am
146193	Olney Swim Ctr	3/15	W	8:00pm-8:50pm
146191	Olney Swim Ctr	3/17	F	9:00am-9:50am

Land-Based Instruction

Beginner Ball & Pilates

This is a land-based Beginner Mat Pilates for half hour and second half hour beginner ball class with weights. Focus will be on core strengthening, firming abs and glutes, and stretching. Ball and Mat are needed.

9 Sessions

\$69.00

Instructor: Peggy Brower

146107	Martin Luther King SwC	3/14	Tu	10:00am-11:00am
146108	Martin Luther King SwC	3/16	Th	10:00am-11:00am

Body Sculpting

A land-based class designed for cross training with water fitness classes. Focus is on Abs, Glutes, legs and upper body

9 Sessions

\$48.00

Instructor: Sally Dimsdale

146103	Montgomery Aq Ctr	3/14	Tu	6:30pm-7:20pm
146104	Montgomery Aq Ctr	3/16	Th	6:30pm-7:20pm
146102	Montgomery Aq Ctr	3/17	F	7:30am-8:20am

Instructor: Network, Inc Wellness

146106	Olney Swim Ctr	3/14	Tu	7:00pm-7:50pm
146105	Olney Swim Ctr	3/16	Th	7:00pm-7:50pm

Pilates (Stretch & Strengthen)

This new class combines strengthening poses, breathing techniques and body alignment to strengthen and lengthen the muscles. It is a perfect way to increase mind-body awareness, decrease stress, and relax the spirit. Please bring mat or purchase at class for \$25.00.

9 Sessions

\$69.00

Instructor: Sally Dimsdale

146120	Germantown Indr SwC	3/18	Sa	8:30am-9:30am
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Instructor: Network, Inc Wellness

146119	Olney Swim Ctr	3/18	Sa	8:30am-9:30am
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RECREATION DEPARTMENT Registration Form

☐ Check here if new address/phone/email. **Please print.** This form may be duplicated.

PAYER'S: Last Name _____ First Name _____ Email _____

Address _____ City _____ State _____ Zip _____

Home Phone () Work Phone () Cell Phone ()

PARTICIPANT'S: Address _____ City _____ State _____ Zip _____

(if under 18 years)

Mother's Name _____ Email _____

Home Phone () Work Phone () Cell Phone ()

Father's Name	Email
Mr. John Doe	john.doe@example.com
Mr. Jane Smith	jane.smith@example.com
Mr. Alex Brown	alex.brown@example.com
Mr. Emily White	emily.white@example.com
Mr. David Green	david.green@example.com
Mr. Sarah Black	sarah.black@example.com
Mr. Michael Lee	michael.lee@example.com
Mr. Olivia Taylor	olivia.taylor@example.com
Mr. Benjamin Clark	benjamin.clark@example.com
Mr. Sophia Hall	sophia.hall@example.com
Mr. Daniel King	daniel.king@example.com
Mr. Isabella Scott	isabella.scott@example.com
Mr. Matthew Adams	matthew.adams@example.com
Mr. Ava Wilson	ava.wilson@example.com
Mr. Noah Moore	noah.moore@example.com
Mr. Charlotte Baker	charlotte.baker@example.com
Mr. William Evans	william.evans@example.com
Mr. Harper Reed	harper.reed@example.com
Mr. Benjamin Cook	benjamin.cook@example.com
Mr. Evelyn Bell	evelyn.bell@example.com
Mr. Jacob Miller	jacob.miller@example.com
Mr. Abigail Young	abigail.young@example.com
Mr. Alexander Hall	alexander.hall@example.com
Mr. Grace King	grace.king@example.com
Mr. Henry Scott	henry.scott@example.com
Mr. Victoria Adams	victoria.adams@example.com
Mr. Samuel Wilson	samuel.wilson@example.com
Mr. Hannah Moore	hannah.moore@example.com
Mr. Benjamin Baker	benjamin.baker@example.com
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Home Phone () Work Phone () Cell Phone ()

[illegible]

*If you are a non-resident, include an additional \$10.00 per participant in the fee for each activity.

☐ Check or Money Order payable to MCRD, Attn: Registrar, 4010 Randolph Road, Silver Spring, MD 20902. Total Amount Due: \$

☐ Master Card ☐ Visa Card No. Expiration Date

CARDHOLDER:	Name (print)	Signature	Date

If paying by credit card, you may **fax** your registration form to **240-777-6818**. If you need help completing this form, please call 240-777-6840.

The participant assumes all risks associated with participation in the program; the County assumes no liability for injury or damages arising from participation in the program. Due to the strenuous nature of some activities, the County encourages each participant to consult his or her physician concerning fitness to participate in the program. The participant consents to emergency treatment. The participant also consents to the County's use of any photographs taken or video tapes made of the program. If the participant is a minor, the parent or guardian approves his or her participation in the program. Neither the instructor nor any of the staff are responsible for children prior to or after the scheduled program.

Participant or Parent/Guardian Signature	Date
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REGISTRATION INFORMATION

Montgomery County Recreation Department

Five Ways to Register



RecWeb Online registration at <http://recweb.montgomerycountymd.gov>.



STARline members may register by using our telephone automated registration system. To become a STARline member, complete the application on page 69. STARline registration number is 240-777-8277.



Fax 240-777-6818

Faxed registrations must be paid by VISA or MasterCard. Due to high volume, we are unable to confirm receipt of faxes. To avoid duplication, do not mail your original form.



Mail or drop off



Full Service in person

Montgomery County Recreation Department
Attention: Registrar
4010 Randolph Road
Silver Spring, MD 20902-1099

Phone: 240-777-6840

Monday-Friday, 8:30am-5:00pm

Registration is also available at all Regional Service Centers (see listing on page 71).

Payment Information

- Full payment must be made at time of registration. Do not submit registrations and/or payments to the instructor at the program. (See *Five Ways to Register*, above.)
- Non-county residents must pay an additional \$10.00 per participant per activity.
- Make checks and money orders payable to MCRD. Checks and money orders must include name, address, home and work telephone numbers, driver's license number, and participant's full name.
VISA or MasterCard payments are accepted. Registration form must include correct credit card number, expiration date, authorized signature, and authorized amount.
- Financial assistance is available to county residents who are recipients of assistance from other Montgomery County agencies. Eligibility is based on proof of that assistance. A financial assistance application form may be picked up at any recreation office, community center, or swim center. You may also obtain an application by calling 240-777-6840; or through the internet: montgomerycountymd.gov/rec.
- The Department of Recreation reserves the right to pursue all available options to collect any funds owed as the result of a dishonored check or credit card, charges incurred due to unsubstantiated credit card disputes, or any outstanding debt.

If your check is returned unpaid, your account will be debited electronically for the original check amount and electronically or via paper for the state's maximum allowable service fee. Payment by check constitutes authorization of these transactions. You may revoke your authorization by calling 800-666-5222 ext. 2 to arrange payment due for any outstanding checks and service fees due.

Withdrawal and Refund Guidelines

The withdrawal and refund policy pertains to all Recreation Department programs unless otherwise noted in the program description or facility rental agreement.

Withdrawal Request Received:	Submit a <u>Written</u> Request:	Withdrawal Fee Charged:
Eight (8) days or more before the start date of the program...	Mail: MCRD, Attention Refund Request 4010 Randolph Road Silver Spring, MD 20902 Fax: 240-777-6818 E-mail: rec.refund@montgomerycountymd.gov OnLine: recweb.montgomerycountymd.gov	No Fee
Seven (7) days or fewer before the start date of the program...	By mail, fax, or e-mail. Online withdrawal not available	\$20 Fee per program
On or after the start date of the program...	By mail, fax, or e-mail. On line withdrawal not available.	\$20 Fee plus a pro rated charge for the number of classes that have met.
After the last scheduled date of the program...	No requests will be considered.	No Refund

If the Department cancels a program, changes a location or time and you cannot attend, or the program is full, you will receive a full credit to your Recreation Department account or a refund.

Your written request must include the participant's name, payer's name, address, phone number, course number, and reason for withdrawal. All credits will be posted to your Recreation Department account unless a refund is specifically requested.

All refunds will be issued to the payer in the same form (check or charge) as the payment was received. Refunds will be processed within 2-3 weeks of receipt of your written request.



Internet Registration

You're only a few clicks away!

You need access to the internet and your Customer Number and Account PIN (Personal Identification Number).

Forgot your account information? Call us at 240-777-6840

If you don't have an account, it's easy to set one up. Go to montgomerycountymd.gov and select the 'Culture & Leisure' tab. Click on 'RecWeb Registration.' Click on the 'Create Account' link and complete the new account form. An account will be created and we will send you an email with your account information needed to logon to RecWeb.

All registrations and all debts owed on your account must be paid for in full at the time of registration.



240-777-8277

Fast and Convenient

Just fill out and sign the form below, and return this page to our office as soon as possible. You can fax it to us at 240-777-6857. We will set up your family as STARline participants and mail you a packet that includes, easy to follow, complete instructions for registering via STARline.

FAMILY MEMBER INFORMATION FORM: Please list all family members.

Last Name	First Name	Birthdate	Grade	Sex M/F
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____

Address: _____

City: _____ State: _____ Zip: _____

Home Phone: () _____ Work Phone: () _____

When you register for classes using STARline, payment in full must be made by Visa or Mastercard. Access to your account will be via a Personal Identification Number (PIN). This PIN will serve as your electronic signature. Your signature below is an agreement to authorize Montgomery County Department of Recreation to process your payment.

Cardholder/Parent Signature _____ Date _____

Your use of RecWeb or STARline to register for programs offered by the Recreation Department will be deemed your agreement to the following: The County assumes no liability for injuries or damages arising from the results of participation. Due to the strenuous nature of some activities, the participant is urged to consult his/her physician concerning fitness to participate. All activities present inherent risks and hazards, which the participant assumes. I hereby approve of my child's participation in this Recreation program and consent to emergency treatment for my child on my behalf. To the best of my knowledge there are no physical or other conditions, which will interfere with my child's participation. I understand that the Department may use photographs/videos taken of Recreation programs.

**For more information about RecWeb or STARline, call us at 240-777-6840.
We'll be happy to answer any questions you may have.**